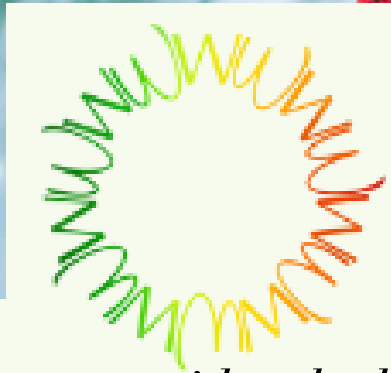


# Weekly Wisdom

*Grow the Green for You and Your Team*



*“88% of Americans consider the holidays the most stressful time of year.”*

## Mental Health Tips for the Holidays

“It’s the hap-, happiest season of all!”  
Sing it with us! Yikes. This is not always the case, as you’ve surely noticed.

Holidays can be stressful for a multitude of reasons:

- Past trauma
- Loneliness
- Financial strain
- Over-indulging
- Social anxieties
- Lack of sleep

And don’t forget to add stressful jobs and family responsibilities to that list!

Visit the linked article to learn more about these solid strategies to keep yourself mentally well this month.

- Breathe.
- Eat healthfully & mindfully.
- Cope ahead – be prepared for mess ups. Have a mantra.
- Contribute to others.
- Laugh.
- Prioritize and cut back.
- Practice gratitude.
- Create an escape plan.
- Journal to clear your mind.
- Treat yourself.